



Bridge Pose for Fall Season

Certainly, the Bridge Pose, also known as Setu Bandha Sarvangasana in yoga, is a great way to strengthen the back, glutes, and open the chest. Here are the steps to perform it:

Step 1: Preparation

- Start by lying on your back on a yoga mat with your knees bent and feet flat on the floor. Keep your feet hip-width apart.

Step 2: Hand Placement

- Your arms should be resting alongside your body, with your palms facing down.

Step 3: Lift the Hips

- Inhale and press your feet and arms into the floor. As you exhale, lift your hips off the ground. Your body should form a straight line from your shoulders to your knees. Keep your chin tucked slightly into your chest.

Step 4: Roll the Shoulders

- Roll your shoulders under your body and interlace your fingers. This action helps create a lift in your chest.

Step 5: Hold the Pose

- Hold the Bridge Pose for 30 seconds to 1 minute, or longer if you are comfortable.

Step 6: Release

- To come out of the pose, gently release your interlaced fingers and roll your spine back down onto the mat, one vertebra at a time.

Step 7: Rest

- Rest for a moment with your knees bent and your feet on the floor before repeating the pose or moving on to the next one.

Important Tips:

- Ensure your knees do not splay outwards but stay in line with your hips.
- Do not overarch your neck; it should stay in line with your spine.
- Engage your glutes and core muscles to support your lower back.
- Breathe steadily and relax into the pose.

Benefits:

- Strengthens the back, glutes, and hamstrings.
- Stretches the chest, neck, and spine.
- Improves posture.
- Alleviates stress and mild depression.

Caution:

- Avoid this pose if you have a neck or shoulder injury.
- If you have a serious back injury or medical condition, consult a yoga instructor or healthcare provider before attempting this pose.

Yoga Journal - Setu Bandha Sarvangasana

Remember to perform this pose mindfully and within your comfort level. It's a great way to improve flexibility and strength in your back and core muscles.

If you have any more questions or need further guidance, please feel free to ask.

